








Vegetarian Home Delivered Meals November Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
						
1	2	3	4	5		
<p>WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Veggie Burger Broccoli & Pepper Salad Spring Mix WG Hamburger Bun Mayonnaise & Mustard IW Pears SF Egg Custard</p> <hr/> <p>Chickenless Tenders Mixed Vegetables Fettuccini Pasta Veg Creole Sauce WW Dinner Roll w/Smart Balance Fresh Orange</p>	<p>WG Oatmeal FF Yogurt (2) Honey Granola Bar Orange Juice & 1% Milk (2)</p> <hr/> <p>Vegetarian Tarragon Chickenless Salad Broccoli & Pepper Salad Spring Mix WW Dinner Roll (2) w/Smart Balance IW Mandarin Orange</p> <hr/> <p>Breaded Chickenless Patty Japanese Veg Blend Veg Spanish Rice Veg Lemongrass Sauce IW Tropical Fruit Mix</p>	<p>WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Tuscan Cutlet Tofu & White Bean Salad California Salad WW Crackers (4 pk) WW Dinner Roll w/ Smart Balance Fresh Orange</p> <hr/> <p>Meatless Meatball Vegetarian Mushroom Brown Gravy Mashed Potato Carrots WW Dinner Roll w/Smart Balance IW Pineapple Chunks</p>	<p>WW Bread w/ SF Jelly & Smart Balance WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Harvest Salad w/ Cranberries & Almonds Chickenless Strips Italian Dressing Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance WW Crackers (4 pk) Fresh Orange</p> <hr/> <p>Vegan Fish Fillet Mixed Vegetables Brown Rice Veg Lemon Herb Sauce IW Pineapple Chunks</p>	<p>WG Waffle w/ SF Syrup & Smart Balance WW Bread w/ Cottage Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Classic Egg Salad Sandwich Tomato & Zucchini Salad Spring Mix WW Bread (2) IW Pears</p> <hr/> <p>Chickenless Tenders Veg Florentine Sauce Capri Vegetables Veg Cilantro Lime Rice Fresh Apple</p>	<p>Hard Boiled Egg (2) WW Bread (2) 2/ SF Jelly & Smart Balance FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Vegetarian Creamy Chickenless Pesto Salad Tomato Cucumber Salad WW Dinner Roll w/Smart Balance WW Crackers (4 pk) IW Peach</p> <hr/> <p>Macaroni & Cheese Stew Tomatoes Scandinavian Veg Blend WW Dinner Roll w/Smart Balance IW Mandarin Orange</p>	<p>WW Bread w/ SF Jelly & Smart Balance WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Harvest Salad w/ Cranberries & Almonds Chickenless Strips Italian Dressing Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance WW Crackers (4 pk) Fresh Orange</p> <hr/> <p>Vegan Fish Fillet Mixed Vegetables Brown Rice Veg Lemon Herb Sauce IW Pineapple Chunks</p>
11	12	13	14	15		
<p>**Veterans Day Celebration**</p> <p>Meatless Meatball w/ Vegetarian Mushroom Gravy Baby Baked Potatoes Chef's Cut Veg. Blend Dinner Roll w/Smart Balance Apple Pie Diet: Fresh Fruit</p>	<p>Hard Boiled Egg (2) WG Oatmeal Granola Honey Bar Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Couscous w/ Feta Cheese Salad Tomato & Zucchini Salad WW Crackers (4 pk) WW Dinner Roll w/Smart Balance Fresh Apple</p> <hr/> <p>Breaded Chickenless Patty w/ Vegetarian Gravy Italian Vegetable Blend Mashed Potatoes WW Dinner Roll w/Smart Balance IW Mandarin Orange</p>	<p>WG Cheerios LF String Cheese FF Yogurt WW Bread (2) w/Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Thai Citrus Crunch Salad w/Chickenless Strips Carrifruit WW Dinner Roll w/Smart Balance IW Peach</p> <hr/> <p>Vegetarian Enchilada Casserole Broccoli Veg Cilantro Lime Rice IW Pear</p>	<p>WG Oatmeal FF Yogurt WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Veg Taco Salad (Chickenless Strips, Pinto Beans, Corn & Cheese) Spring Mix WW Crackers (4 pk) Cilantro Lime Dressing IW Pineapple Chunks</p> <hr/> <p>Vegan Fillet w/ Tartar Sauce Japanese Vegetable Blend Brown Rice WW Dinner Roll w/Smart Balance Fresh Orange</p>	<p>WG Raisin Bran WW Bread w/Smart Balance & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Chickenless Strips Green Pepper & Tomato Salad WW Crackers (4 pk) WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix</p> <hr/> <p>Spinach & Mushroom Quiche 5-Way Mixed Vegetables Baby Baked Potatoes WW Dinner Roll w/Smart Balance Fresh Apple</p>		



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18	19	20	21	22
WG Oatmeal FF Yogurt (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Chickenless Ranch Pasta Salad Spring Mix California Salad WW Crackers (4 pk) WW Dinner Roll w/Smart Balance IW Peach Chickenless Strips Polynesian Sauce Scandinavian Veg Blend Jasmin Rice IW Pineapple Chunks	WG Raisin Bran FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Provencal Tofu Salad Tomato & Cucumber Salad WW Bread (2) IW Pineapple Chunks SF Cookie Breaded Chickenless Patty Vegetarian Chile Verde Sauce Pinto Beans Broccoli WW Dinner Roll (2) w/Smart Balance Fresh Orange	WG Cheerios WG Mini Bagel w/Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (2) Veggie Burger Healthy Veggie Salad Mayonnaise & Mustard WG Hamburger Bun IW Mandarin Orange Vegan Fish Fillet Tartar Sauce Mashed Potatoes Green Beans WW Dinner Roll w/Smart Balance Fresh Apple	Hard Boiled Egg WG Oatmeal FF Yogurt (2) WW Bread w/Peanut Butter & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Greek Chickenless Quinoa Salad Carrot Raisin Salad WW Dinner Roll w/Smart Balance WW Crackers (4 pk) IW Pear Cup Vegetarian Lasagna Broccoli & Cauliflower Mixed Veg WW Dinner Roll w/Smart Balance Ambrosia	WW Bread (2) w/Peanut Butter & SF Jelly Orange Juice & 1% Milk (2) Chefs Salad (Chickenless Strips, Peppers, Corn, Shredded Swiss Cheese, Carrots, Cucumber) WW Dinner Roll w/Smart Balance Lemon Vinaigrette Fresh Apple Garden Chili Shredded Cheese Carrots Mixed Vegetables WG Corn Muffin Shredded Cheese IW Tropical Fruit Mix
25	26	27	**28**	**29**
WG Oatmeal FF Yogurt (2) Orange Juice & 1% Milk (2) Mediterranean Chickenless Quinoa Salad Tomato Cucumber Salad Spring Mix WW Dinner Roll w/Smart Balance WW Crackers (4pk) IW Peaches Breaded Chickenless Patty Peas & Carrots Veg Country Mushroom Gravy Veg Orzo Pilaf IW Peach	WW Bread (2) w/Smart Balance SF Jelly LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Tuscan Tofu & White Bean Salad WW Crackers (4 pk) California Salad WW Dinner Roll w/Smart Balance Ambrosia Vegan Fish Fillet w/ Veg Diane Sauce Red Skin Baked Potatoes Mixed Vegetables WW Dinner Roll w/Smart Balance Fresh Apple	Hard Boiled Egg (2) WW Bread (2) w/Smart Balance & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2) Chickenless Barley Salad w/ Mango Dressing Corn, Lima Bean & Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple Vegetarian Lasagna Broccoli Capri Vegetables WW Dinner Roll w/Smart Balance WW Crackers (4 pk) Fresh Apple	**Thanksgiving Celebration** Chickenless Tenders Macaroni & Cheese Green Beans Hawaiian Roll w/ Smart Balance Pumpkin Pie Diet: Fresh Fruit	*Thanksgiving Brunch* Breaded Chickenless Patty Vegetarian Gravy Sweet Potatoes Collard Greens Parker House Roll w/Smart Balance Assorted Cake Diet: Fresh Fruit

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The project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. All Meals comply with the Dietary Guidelines for Americans (DGA) 2020 - 2025 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. The voluntary contribution is \$5.25 per day. Weekly average meals provide >1600 calories. Sodium is analyzed daily to not exceed 2300mg. Any meals that exceed 2300mg of sodium are indicated with a saltshaker icon. Please note condiments are not analyzed and may increase sodium. Special meals are indicated with **, sodium may exceed 2300 mg on these days.